

Asana this week:

For this newsletter, since we mostly repeated past asanas, I will list our sequencing with minimal details except for anything new. Otherwise, you can browse through previous newsletters, my website etc. and find more details.

Supine:

We spent the opening of class time with legs up on the chair, both with the blanket rolled across and lengthwise of the spine.

During the second part of this Attuning we practiced "**The Attitude of Gratitude**", a short breathing visualization as follows:

Sit or lay comfortably.

Close your eyes and for a few moments focus on the gentle movement of your breath.

Then begin pausing briefly after each inhalation and exhalation.

Practice:

As you inhale: visualize/recollect an experience/element of your life, possibly a moment when your were moved/touched emotionally, things you are capable ofwith gratitude.

Pause: after each reflection, take a moment to integrate and appreciate the feeling fulfilled by this gift, feel that feeling again.

As you exhale: imagine others ex: your family, friends, or communicating with the world at large

Pause: - sharing that sense of fulfillment with others, receiving your offering with a similar sense of gratitude. Feel the connection. Give.

Continue this cycle for several minutes and then shift your focus back to the subtle movement of your breath before gently opening your eyes.

Shanti for Belly Fat, Peace! (see PDF)

We did not continue with Morning Wake Up Stretch as we usually do because we already did some of the same stretching in Shanti.

Prone:

Child's Pose

to **Table/** Stretching the side of the body as we released the hips to one side and looked over the opposite shoulder. x6 R/L

to **Thread the Needle** R/L

to **Knee to Nose/Stacking the Hips** x3-4 R/L

to **Cat/Cow**

to **Balancing Cat** R/L 1.The Still Point 2. Challenge 3. Stretch

to **Gate/Static**, then reaching up and extending to the side x4/**Gate Pendulum to Gate/**
Balancing with a strong hold/possibly the eyes closed.

to **Yoga Snack#1** from knee position to reaching overhead to releasing forehead to mat/hands to sacrum/palms facing up x6

On Belly:

Different **Cobra to Up-Dog** Asana Variations:

Always keep the belly engaged and do not use the shoulders to lift or allow the elbows to spread and help raise the body.

Always work from arms down to 3/4 up, it is not necessary to go all the way up, do not hyperextend or lock the elbows.

Take it slow, as this works the arms better and remember to always keep a safe position. Squeeze the arms into the body as if I was there holding your elbows from behind and keeping your shoulders down.

Keeping the eyes focusing on the front edge of your mat and neck/head in alignment with the shoulders.

Any quivering, please release and don't work so far or so hard. Listen to your body.

1. Forearms incl. hands and elbows on the mat/ inhaling and slighting lifting, think about lengthening the body and don't expect to come up too far as this takes steady practice.

2. Slide the hands down the mat until the elbows are almost pointing upwards and begin the same lift.

3. **Sphinx Plank**, progress slowly until you can begin to hold this position for a few seconds, building time as you build additional strength.

The most important aspect of this is to always engage the abdominal area to protect the back.

Take it in steps and add gradually:

1. engage the forearms/hands/elbows pushing down and out but don't let them move
2. engage the belly/pulling in and up
3. lift the public bone
4. then lift the thighs
5. then curl the toes under
6. lift the knees
7. push back on the heels. Hold.

This is a full Sphinx Plank and is not easy to do so only proceed to the point where you are comfortable and work on building your strength to that point before proceeding.

I do suggest that if you have the chance it is a good idea to practice this in the beginning while looking at the body from in side in a mirror to control the back. It should look/and feel as if you are straightening it and not allowing a valley to happen. You can feel the difference in your back, it is not healthy to let the belly sink down, think of raising it but not necessarily the buttocks, this takes a slight tilt of the tail bone in a downward direction. We will continue practicing this in class.

Heart Lifts x 8-10

A-Symetrical Locust -6 R/L

Symetrical Locust x4 with arms beginning next to body and progressing to overhead

Side Plank -your choice of 5 progressive variations

End this series of Backbends with a **Childs's Pose**(or Puppy).

Standing:

Come to standing as yogic as possible.

Have a wall will do some yoga!

Side Balancing Series facing wall

Tree R/L

Back on Wall/Squat with Arms in Cactus/fingertips at back of head.

Yogi Push-UP facing wall.

to

Savasana and Final Reading: **Cultivating Gratitude by Scripting**

Give Thanks from Yoga Journal by Jill Duman

Cultivating gratitude can boost well-being and may help you sleep better.

Gratitude is a fundamental component of most spiritual paths, and a growing body of research suggests that it has important health implications, too, including better sleep, fewer physical ailments, and a greater ability to cope with stressful situations.

“Gratitude elevates, it energizes, it inspires, it transforms,” says Robert Emmons, a University of California, Davis, psychology professor who has helped champion the study of gratitude as a factor in mental and physical health.

A series of studies he conducted in 2003 found that people who kept weekly written records of gratitude slept longer, exercised more frequently, had fewer health complaints, and generally felt better about their lives when compared with those who were asked to record only their complaints. In another study, he found that students who wrote in gratitude journals felt more satisfied with their lives and their school experience.

Practicing conscious gratitude has also been linked with positive mental health. Todd Kashdan, associate professor of psychology at Virginia’s George Mason University, found that when veterans with post-traumatic stress disorder kept gratitude journals, they experienced a greater sense of overall well-being in their lives. “There are two parts of being grateful,” Kashdan says. “One is recognizing that someone benefited in some way, then mindfully seeing the connection to yourself. You have to really be in the present to see what’s happening in your life, what’s causing things to happen, and how you fit into things bigger than yourself.”

A gratitude practice is a natural companion to yoga, which “offers numerous opportunities to reflect on all there is in one’s life to be grateful for,” says Emmons. To begin consciously cultivating gratitude, try considering what life would be like without a pleasure you now enjoy, or think about who you are grateful for. A daily gratitude journal can help you be more mindful of these things in your life. But your gratitude practice doesn’t have to be scripted: Simply taking time on a regular basis to mentally note your blessings is a big step in the right direction.

Essential Oil:

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doTerra: On Guard, the Protective Blend

This blend can be purchased directly from **Robin at the Living Temple** and do tell him you are a student of mine and he will give you a discount. He is located directly here in Old World Village, you can pick up a business card in the studio and look at his schedule of upcoming free lectures on the oils.

Music: Deuter Koyasan “Reike Sound Healing”

Miscellaneous:

Hope you enjoyed my photos from the Grand Canyon, if you didn't see them then just “Follow” me and you won't miss the next posting.

Recent Help Your Health Lending Library Book: **“Limbs from the Willow Tree” by Dr. Robert Chapman.** I have bought four books to loan to students for reading. The wait list is on my desk, just put your name down and I will let you know when a book is returned.

The book is currently available as a Kindle download and a new edition will be available soon, I will let you know. This is a very inspiring read and I highly suggest it for anyone dealing with an addition problem in family or friends circle, near or far.

Two books which I have suggested to some interested students:

“Medical Medium” and “Life Changing Foods” by Anthony William

<http://www.medicalmedium.com/>

My husband and I have recently finished a 28 day detox based on these books and are thoroughly enjoying the results and what we have both learnt about food and our bodies. We are contemplating sharing this with those interested in the form of a workshop.

I have recently been to **Local Fare** (SoCo OC Mart Mix) and she has a supply of blankets for anyone interested in purchasing one. They are currently selling for \$18. but if you tell her you are a yoga student of mine, she will only charge \$15.

Feedback:

Important Disclaimer

The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.

For more information contact: **RoxAnn Madera 714.421.0477 yogatherapyalacarte.com**